Officer Basic Leader Course 08-805

Welcome Packet

Alpha Company, 187th Medical Battalion

Fort Sam Houston

Welcome Packet Purpose

- To ensure that new students are aware of Alpha Company and Fort Sam Houston polices.
- To explain the administrative action policies during OBLC.
- To inform all students that are assigned or attached to Alpha Company 187th while attending training.

“PANTHER PRIDE”

Alpha Company Mission

PROVIDE COMMAND AND CONTROL, DISCIPLINE, TRAINING, READINESS, ADMINISTRATIVE, AND LOGISTICAL SUPPORT TO CADRE, STUDENTS, AND CIVILIANS ASSIGNED OR ATTACHED TO ALPHA COMPANY 187TH MEDICAL BATTALION IN ORDER TO AID IN THE FORCE GENERATION OF OFFICERS PREPARED TO SUCCESSFULLY OPERATE AT COMPANY, BATTALION AND BRIGADE LEVEL, IN BOTH TDA AND TO&E ENVIRONMENTS.

Company Motto:
“PANTHER PRIDE”

MEMORANDUM FOR Officer Basic Leader Course Students HPSP/USUHS 08-05

SUBJECT: Welcome Letter

1. On behalf of the U.S. Army Medical Department and Center & School (AMEDDC&S) and Alpha Company, 187th Medical Battalion, 32nd Medical Brigade, welcome to Fort Sam Houston.

2. **CPT Chase** is your TAC officer and is your POC for all administrative related issues. Please visit our website at http://www.cs.amedd.army.mil/187medbn/alpha/ and click on the OBC link. **CPT Lopez** is your class advisor and is your point of contact for all academic related issues you may encounter during your training.

3. Arrival: All officers are required to report to Building 592, Fort Sam Houston Lodging upon arrival. You will be given your room assignment and key. In the lobby of Building 592, you will find your class sign in sheet and the in-processing schedule as well as phone numbers for your TAC and other critical information about your course. If you need directions to Building 592, you can contact the lodging office at 210-357-2705 (24 hours a day /7 days a week). **All Students must report to 592 to sign in** REGARDLESS of where you will reside during the course.

4. Transportation: If you arrive by air, take a taxi to Fort Sam Houston and report to Building 592. You will be reimbursed for this expense. If you use a rental car, it will be at your own expense and you WILL NOT be reimbursed unless your orders clearly state "Rental Car Authorized". It is highly recommended that you drive your vehicle to the course. You will not be authorized in and around mileage reimbursement unless your orders state "In and Around Mileage Authorized." Please read your orders and know what you are authorized so you won't be surprised later on. If you bring your **Privately Owned Vehicle (POV), it will immediately have to be registered on post, unless you have a valid DOD sticker from another installation.** Your vehicle can be registered at BLDG 367;

In order to register your vehicle you will need: your CAC Card, orders, vehicle registration and proof of insurance. You must have insurance to operate a vehicle on post. Motorcycles are highly discouraged as a mode of transportation. If you choose to bring a motorcycle **you will not be allowed to operate it on post without a valid post motorcycle Defensive Driving Course (DDC) card.**

5. Family Members**: Family members are not authorized unless specified in your orders.** Family members are not authorized to reside in the hotel where you will be housed and you will not be reimbursed for costs incurred by your family members and there are limitations on medical and dental care if you are not assigned to Fort Sam Houston.

6. If you bring a Privately Owned Weapon (POW), **it must be registered on post immediately at BLDG 367**. It is highly discouraged for you to bring any POWs to OBLC. There is no opportunity for you to use them during the course and you will be required to store them in the arms room.

7. In-Processing:

a. You will need 10 copies of your orders and amendments (PCS, TDY) your CAC card, ID tags, a copy of your permanent PROFILE (if applicable), a copy of your DA 71 (Oath of Office), a copy of your DD 214 (if applicable) showing any prior service.

b. You will also need a copy of your SGLI and your DD93 if you are prior service. If OBC is your first time on active duty then we will assist you in preparing the forms.

c. You will need copies of dependent children birth certificates, your marriage licensee, and dependent IDs --if your dependents are not currently enrolled in DEERS. You will need to bring a completed Direct Deposit Sign-Up Form or a voided check if you are not in the Army pay system.

8. Physical Fitness: You must report to Fort Sam Houston in good physical condition. You are required to take the Army Physical Fitness Test (APFT), which consists of 2 minutes of push-ups, 2 minutes of sit-ups, and a 2-mile run. You will be required to participate in a minimum of 3-5 days of physical training per week which will include an introduction into modern Army Combatives.

9. If you don't already have an Army Knowledge Online email account, you should attempt to register for one at https://www.us.army.mil before arriving to your course. It is frequent that new officers experience difficulties registering; therefore do not become discouraged if this happens. We will assist you in establishing the account when you arrive.

10. If you have any questions that need to be addressed prior to your arrival please contact your TAC Officer CPT Tarnosky so that she may address your specific needs. Andrew.chatman@amedd.army.mil. Again, we look forward to making you successful during your course. "Train to Save!"

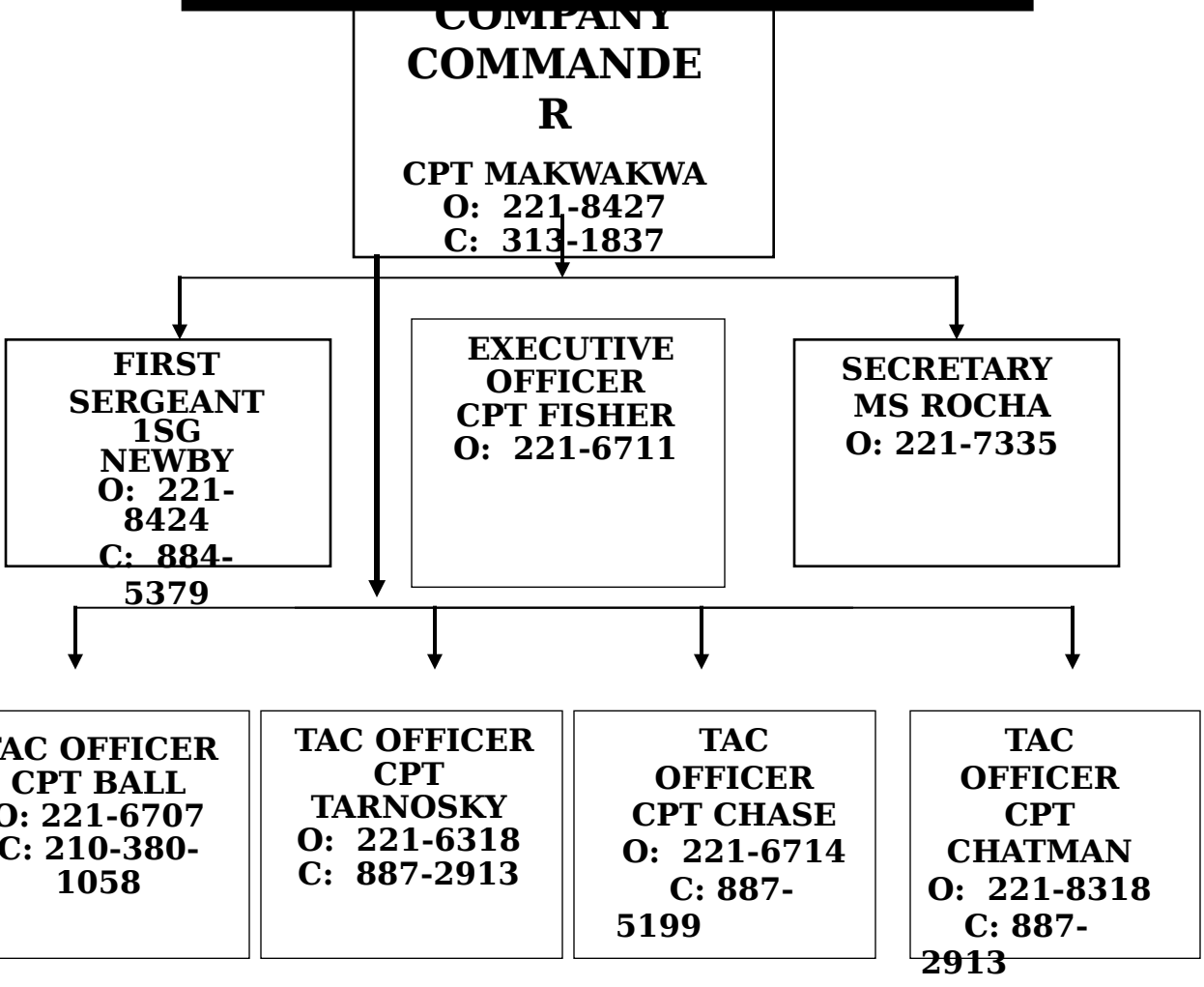
//ORGINAL SIGNED//
SHONNEL MAKWAKWA

Panther 6!

PURPOSE OF OBLC

- Educate officers on the basic Fundamentals of leading, caring and training soldiers.
- Train officers on the basic Army Warrior Tasks and Battle Drills and in Army tactical medical support doctrine
- Prepare you for your 1st assignment as a commissioned officer.
- Learn from each others experiences a

Alpha Company, 187th Medical Battalion



Company FAX: 210-221-6724

O= Office Phone Number
C= Cell Phone Number
H= Home Phone Number
F= 221-6724

SHONNEL, MAKWAKWA CPT, MS Commanding

FOR OFFICIAL USE ONLY

PRIVACY ACT STATEMENT: IAW Title USC 552a Privacy Act of 1974

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What's Next?

- ❑ Check in at Building 592 and receive your hotel and room assignment.
- ❑ Report to the Army Community Center at 0515 on **Monday 4 AUG** Address: 2797 Stanley Road BLDG 2797. Bring a pen, this booklet and all of your official and personal documents with you!
- ❑ **If you are not already in the military pay system ensure you have enough money to hold you over financially for the first 30 days.**
- ❑ There are numerous in-processing actions completed within the first days of OBLC. During finance in-processing you will be entered into the Army pay system. If you are TDY (Temporary Duty), your travel documents will not be settled until you get to your final destination (Permanent Duty Station). During Personnel in-processing you will be entered into the Army EMILPO system and receive your ID card. Also during these days you will undergo medical and dental examinations. The following is a list of items you must have in your possession during in-processing:

a. **Ensure that you have 10 copies of your orders and any amendments, your CAC card (ID Card), ID tags, a copy of your permanent PROFILE (if applicable), 2 copies of your DA 71 (Oath of Office), 2 copies of your DD 214 (if applicable) showing any prior service, a completed SF 1199A (Direct Deposit Sign-Up Form) OR a blank check to start your military pay . Two copies of your marriage license, dependent children birth certificates ** you must have originals or certified copies.**

b. All medical and dental records and a copy of your prescription if you wear glasses. Ensure you arrive with your commissioning physicals.

- ❑ The uniform for inprocessing is the Summer Physical Fitness Uniform (Shorts, T-shirt, socks, tennis shoes, PT Belt). If you don't have a Physical Fitness Uniform wear appropriate civilian athletic attire.
- ❑ During inprocessing you will receive a brief from your TAC (Training, Administrative and Control) Officer, your Height & Weight will be measured, you will sign for a meal card, and you will have your

Money Matters!

•Ensure you have enough money for 30 days of living expenses it can take up to a month or longer to start your pay. You should be prepared for the worst case scenario. If you need assistance in the form of an emergency loan please speak to your TAC Officer ASAP!

•Active Duty officers will be offered a $2,500 pay advance on the 2nd day of in-processing. If you have already taken a pay advance then you can only receive enough money to bring the total amount of advances to $2,500. The advance will be paid back in installments over a 12 month period.

•If OBC is your first time on active duty you can request a one time uniform allowance of $600. If you are prior service and were due to receive an annual enlisted clothing allowance then you will still receive that money in addition to the $600.

•If you have dependants (spouse or children) that were physically living with you prior to OBC then you will receive family separation allowance of $250 per month.

• Single officers residing in Lodging are not entitled to receive BAH!

•If you are active duty and have dependants (spouse or children) then you will receive BAH (basic allowance for allowance) for the location they live for the duration of OBC only.

•If you are paying child support then you will receive BAH-Diff. BAH-Diff ranges from $142.80 to $210.30 per month depending on your rank.

• Basically, your lodging will be free for the duration of your orders and you will receive free meals in the DFAC during training days. On non-training days you will receive per diem to reimburse you for the meals you buy.

How to Start Your Pay

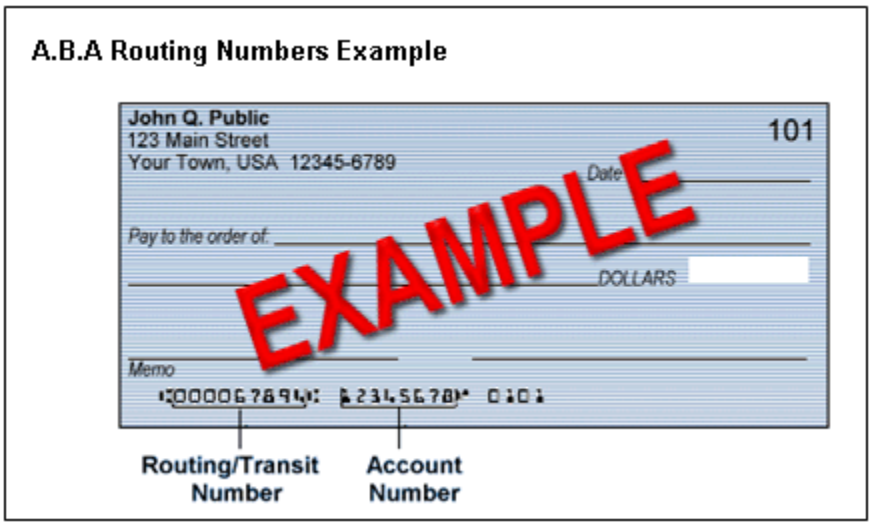
Complete SF-1199A

The SF-1199A is used to identify your bank routing information so your Federal paychecks can be deposited directly into your account. Having checks mailed to your personal address is no longer an option -- all employees must register for Direct Deposit.

Special Instructions for Completing this Form

1. Fill in blocks A and B in section 1 (self-explanatory).
2. Write your Social Security Number in block C.
3. Identify your financial institution account information in blocks D and E.
4. Check the '***Mil Active***' box in block F.
5. Leave block G blank.
6. Sign and date the Payee Certification (mandatory) and have any Joint account holder(s) sign in the appropriate block (optional).
7. Complete section 2 with your organizational name and address. **Leave this section blank if you are unsure**.
8. Complete section 3 with the name of your fincial institution and address as well as your account routing

►



Standard Form 1199A (EG)
(Rev. June 1987)
Prescribed by Treasury Department
Treasury Dept. Cir. 1076

OMB No. 1510-0007

DIRECT DEPOSIT SIGN-UP FORM

EXAMPLE

DIRECTIONS

- To sign up for Direct Deposit, the payee is required to read the back of this form and fill in the information requested in Sections 1 and 2. The payee should take or mail this form to the financial institution. The financial institution will complete Section 3. The completed form will be returned to the Government agency identified below.
- A separate form must be completed for each type of payment to be sent by Direct Deposit.
- The claim number and type of payment are printed on Government checks. (See the sample check on the back of this form.) This information is also printed on beneficiary/annuitant award letters and other documents from the Government agency.
- Payees must keep the Government agency informed of any address changes in order to receive important information about benefits and to remain qualified for payments.

SECTION 1 *(TO BE COMPLETED BY PAYEE)*

A NAME OF PAYEE *(last, first, middle initial)*
James Brown

ADDRESS *(street, route, P.O. Box, APO/FPO)*
12354 Liberty Street

CITY	STATE	ZIP CODE
Cibolo	TX	78102

TELEPHONE NUMBER
AREA CODE 210-555-5555

B NAME OF PERSON(S) ENTITLED TO PAYMENT

C CLAIM OR PAYROLL ID NUMBER
Prefix Suffix

D TYPE OF DEPOSITOR ACCOUNT [X] CHECKING [ ] SAVINGS

E DEPOSITOR ACCOUNT NUMBER
1 0 3 4 5 6 7 4

F TYPE OF PAYMENT *(Check only one)*

- [ ] Social Security
- [ ] Supplemental Security Income
- [ ] Railroad Retirement
- [ ] Civil Service Retirement (OPM)
- [ ] VA Compensation or Pension
- [ ] Fed. Salary/Mil. Civilian Pay
- [X] Mil. Active
- [ ] Mil. Retire.
- [ ] Mil. Survivor
- [ ] Other _____ *(specify)*

G THIS BOX FOR ALLOTMENT OF PAYMENT ONLY *(if applicable)*

TYPE	AMOUNT

PAYEE/JOINT PAYEE CERTIFICATION

I certify that I am entitled to the payment identified above, and that I have read and understood the back of this form. In signing this form, I authorize my payment to be sent to the financial institution named below to be deposited to the designated account.

SIGNATURE	DATE
SIGNATURE	DATE

JOINT ACCOUNT HOLDERS' CERTIFICATION *(optional)*

I certify that I have read and understood the back of this form, including the SPECIAL NOTICE TO JOINT ACCOUNT HOLDERS.

SIGNATURE	DATE
SIGNATURE	DATE

SECTION 2 *(TO BE COMPLETED BY PAYEE OR FINANCIAL INSTITUTION)*

GOVERNMENT AGENCY NAME	GOVERNMENT AGENCY ADDRESS

SECTION 3 *(TO BE COMPLETED BY FINANCIAL INSTITUTION)*

NAME AND ADDRESS OF FINANCIAL INSTITUTION
USAC- National Bank
1234 Jones Drive
San Antonio, TX 12345

ROUTING NUMBER
6 7 8 9 - 1 5 2 3

CHECK DIGIT
3

DEPOSITOR ACCOUNT TITLE
Checking

FINANCIAL INSTITUTION CERTIFICATION

I confirm the identity of the above-named payee(s) and the account number and title. As representative of the above-named financial institution, I certify that the financial institution agrees to receive and deposit the payment identified above in accordance with 31 CFR Parts 240, 209, and 210.

PRINT OR TYPE REPRESENTATIVE'S NAME	SIGNATURE OF REPRESENTATIVE	TELEPHONE NUMBER	DATE

Financial institutions should refer to the GREEN BOOK for further instructions.

THE FINANCIAL INSTITUTION SHOULD MAIL THE COMPLETED FORM TO THE GOVERNMENT AGENCY IDENTIFIED ABOVE.

NSN 7540-01-058-0224

FINANCIAL INSTITUTION COPY

1199-207

Designed using Perform Pro, WHS/DIOR, Mar 97

Advance Pay

- **The purpose of an advance pay incident to Permanent Change of Station (PCS) is to provide a Service member with funds to meet the extraordinary expenses of a Government-ordered relocation, per DODPM Part 4.**
- **An advance pay shall not be authorized for the specific out-of-pocket expenses covered by advances of other pays and entitlements if such advances are used. The Service member may be authorized an advance of pay to the extent that incurred or anticipated expenses exceed those covered by the following advances or reimbursements, or are outside the scope of those entitlements:**
  - **a. Overseas station housing allowance;**
  - **b. Servicemember and/or dependent travel allowances and per diem;**
  - **c. Dislocation allowance;**
  - **d. Basic allowance for quarters and/or variable housing allowance.**
- **An advance is not intended to provide funds for such items as investments, vacations, or the purchase of consumer goods that are not the result of direct expenses resulting from the Service member's PCS orders. Except under extraordinary conditions, an advance pay must be repaid before an advance for a subsequent PCS may be paid.**
- **The Alpha Company Commander can approve an advance pay of up to $2500.00 for Active Duty Officers, this advance will be paid back over a 12 month period– it can take up to 30 days to receive this pay advance.**
- **Advance Pay requests will be processed on Day 2 of inprocessing and can take up to 3 weeks to be credited to your account.**

Clothing Allowance

- **Both officers and enlisted members are entitled to an initial clothing allowance.**
- **Upon first reporting for active duty (other than for training) for a period of more than 90 days.**
- **Upon completing at least 14 days of active duty or active duty for training as a member of a Reserve Component. Processed at your home stations!**
- **Upon completing 14 periods of inactive-duty training as a member of the Ready Reserve (Each period must be of at least 2 hours duration). Processed at your home stations!**
- **Upon reporting for the first period of active duty required of a member of the Armed Forces Health Professions Scholarship Program. NOTE: Upon transfer to another Reserve Component that requires a different uniform, a Reserve officer may receive another initial uniform allowance. Regular officers may not receive this allowance when transferring to another Military Service.**
- **The one time clothing allowance is $600.00 you will complete the request during Day 2 of inprocessing, be advised that it may take up to 30 days to receive this entitlement.**

Finance FAQ's:

Q: Can I go directly to the finance office to get my finance questions answered?
A: ***No! At no time should a student in any OBC or OAC class go directly to finance for any reason.*** You must go through the TAC Officer. The Finance office process hundreds of student actions daily. The TAC can answer many of these questions, especially since most students have the same problems. Always fill out a pay inquiry stating your problem. If you have a special circumstance, let your TAC know immediately so they can work with the finance office on your behalf. The finance office will set up an appointment with you if necessary. At no time during you stay at Ft. Sam are you allowed to go to the finance office without going through your TAC.

Q: How do I look into a pay problem if I think I'm being overpaid or underpaid?
A: Fill out a pay inquiry form and attach a copy of your most recent LES, give the pay inquiry to your TAC Officer.

Q: How do I request a copy of my Leave Earning Statement?
A: Once you are in the system and being paid, you should receive an LES at the middle and end of every month. In order to access your LES you must register at the DFAS website https://mypay.dfas.mil/mypay.aspx . If you do not receive an LES at this time and *you are being paid* fill out a pay inquiry form and request your LES.

Q: How much should I get for basic pay, BAH, and BAS?
A: There are several helpful websites with pay scales:
http://www.dfas.mil/money/milpay/pay/
http://www.dtic.mil/perdiem/bahform.html
http://www.dtic.mil/perdiem/rateinfo.html

Q: How much is my clothing allowance?
A: The Clothing Allowance for Active Duty Army is $600 . The Clothing Allowance for Reservists and National Guard is the same however, you only receive the initial allowance due to the length of your tour. Reservists and National Guard only get the clothing allowance when they are ADT (Active Duty for Training) for fourteen days or more. Your orders state for how many days you are ADT. Allowable travel days do not count as ADT days.

Q: How do I get my clothing allowance?
A: You will fill out paperwork for the allowance during the personnel briefing as part of inprocessing. However, you won't receive your allowance until towards the end of OBC due to the high volume of students needing to be processed. If you have already received your clothing allowance upon entering active duty, you will not get it again.

Finance FAQs continued:

Due to the high volume of students needing to be processed. If you have already received your clothing allowance upon entering active duty, you will not get it again.

Q: How long will it take for me to get paid once I get to OBC?
A: It takes at least a month for your pay to be processed and started. Come prepared to not get paid for ***at least*** the first month that you are at OBC. You will be briefed on this during inprocessing.

Q: Can I get a pay advance?
A: If you have never received pay advances from the Army totaling more than $2500, you will have an opportunity to request as much as $2500 in advance pay at the finance briefing during inprocessing. Most OBC students are qualified for this advance. The advance is an interest free loan deducted from your pay over the course of a year. The finance briefing is your only opportunity to request this advance so come prepared to accept or decline it then. Keep in mind you may request as much or as little of the advance as you see necessary. The most important thing to remember is that the advance also takes a long time to process and sometimes does not appear in your account until a few days before your pay is deposited which can take up to a month or more. Again, come to OBC prepared to support yourself financially for ***at least*** a month.

Q: I am entitled to extra pay due to years in service or other specialty pay, when will I get this?
A: Prior service and years in service pay takes even longer to process because it needs to be processed by the Ft. Sam finance office and DFAS. You must bring ALL paperwork supporting your claim for extra pay as applicable. Bring all documentation that proves your years in service such as NGB 22, DD214, SMP contracts, Career/Reserve Retirement Credit Report, and oaths of office. Not having any of these documents at the finance brief at inprocessing will delay your receipt of this pay. In any case, you may not receive this pay before you leave OBC because it does not get processed until the entire class's basic pay is in the system. Basic pay takes priority so that everyone can get paid as quickly as possible.

Q: My LES shows my years in service but I am not receiving my years in service pay.
A: This means that the Ft. Sam office has processed your years in service pay but it is still being processed by DFAS. You extra and back pay should be reflected in your next EOM (End of Month) LES.

Finance FAQs continued:

Q: What is DLA and am I qualified to receive it when I PCS after OBC?
A: DLA is Dislocation Advance offered to cover PCS expenses including shipment of household goods and family members. The following are the guidelines concerning DLA from Ft. Sam:

- You are not qualified if you are new to the Army and have been here in TDY status (If OBC is your first time ever on active duty)
- You must have been active duty prior service enlisted or commissioned to receive pay from Ft. Sam. Even if you meet this criteria, you can not receive DLA here if you got any portion of the $2500 advance when you arrived. This is due to the fact that the travel office is shorthanded and they will not process OBC requests that have already received any type of advance. **Request the DLA at your permanent duty station.**
- If you had been at a duty station prior to OBC for more than 20 weeks (in PCS status) you are qualified for DLA. But if you received a pay advance here at Ft. Sam you should request DLA at your next duty station. The reason for this is due to the limited staff available at the transportation office.
- If you are qualified to apply for DLA from Ft. Sam, you need to fill out the DLA form, available at A. Co., and attach 4 copies of both your TDY and PCS orders. The DLA request should be turned in 3 weeks prior to your departure from OBC.

Q: I am a reservist attending OBC. How will I be paid for the leave I accrue while at OBC?
A: Reservists will be paid for their accrued leave automatically 4-6 weeks after leaving OBC.

MTSS (FUNDING)

- **Taxi services – you are authorized a maximum of $30.00 per week in Taxi charges. You must keep receipts and submit them with your final travel voucher.**
- **In and Around Mileage – You must keep a detailed log of your miles daily and submit it in a memorandum format with your final travel voucher. (See MTSS Fact Sheet**

***** You are only authorized In and Around Mileage if your orders indicate that you are!**

ID/CAC Cards

- **In order to have a CAC Card (ID Card) issued, you must have a valid AKO account.**
- **Alpha Company will make a CAC Card appointment for you, do not go directly to the ID Card section- you will not be seen.**
- **In order for you to be eligible to receive a CAC Card your commissioning source (Recruiter, ROTC, OCS, AECP etc) must have correctly assessed you! Alpha company will notify you on Day 2 of inprocessing if you are eligible to receive a CAC Card.**
- **If you are reflected as ineligible in the system, your TAC Officer will resubmit you commissioning documents to USAREC, it may take up to 4 weeks to correct your commissioning status.**
- **When your TAC Officer notifies you of you CAC Card appointment, please ensure you bring the following with you to your CAC Card appointment:**

  Two forms of photo ID (Can not be expired), Examples: Passport, Student ID Cards, Driving License, State ID Card. You can substitute a valid Social Security Card as one form of ID.
- **The following is the documentation required for initial issue of all dependent I.D. cards and for enrollment into the DEERS database.**

(1) Marriage license for spouse's enrollment. If soldier is divorced, it is mandatory to present your divorce decree.

(2) Birth certificates for any children or stepchildren along with social security verification.

You must provide originals or certified copies of ALL Documents!

Lodging/Hotel

- **You will need a credit card in order to secure your room– your card will not be charged unless there is damage to your room**
- **All officers in the rank of 2LT – CPT will be housed two officers per room.**
- **Officers are not authorized to remain in the BOQ after the end of this course.**
- **YOU WILL BE CHARGED IN ADVANCE FOR OCCUPATION AFTER YOU COURSE COMPLETION DATE.**
- **Contact your TAC Officer with any issues that pertain to your room or roommate!**

No family members, children, pets, or bicycles are allowed in your room unless approved by Lodging.

Report any damage, defects or deficiencies to the Front Desk & your TAC Officer. After duty complaints can be made at the front desk of BLDG 592.

Dining Facility

- **Meals are provided (M-F) Rocco Dining Facility**

- **Located at the intersection of Scott and Schofield Road.**

  - **Breakfast: (06:30-08:15 hrs)**
  - **Lunch: (12:15-13:30 hrs)**
  - **Dinner: (17:00-19:00 hrs)**

YOUR MEALCARD DOES NOT COVER WEEKEND MEALS!

You will be reimbursed for weekend meals when you settle your TDY at your home station.

You must present your meal card and CAC Card OR Orders to the cashier in order to eat in the Dining Facility! NO EXCEPTIONS

Don't throw away your meal card it will be turned in at the end of your course.

"PANTHER PRIDE"

Religious Services

Sunday Service Times

- ***Catholic Mass- Evans 0800***
- ***General Protestant -Evans 0930***
- ***Gospel Service (Dodd Field) 1030***
- ***Latter Day Saints- Red Cross Bldg 1100***

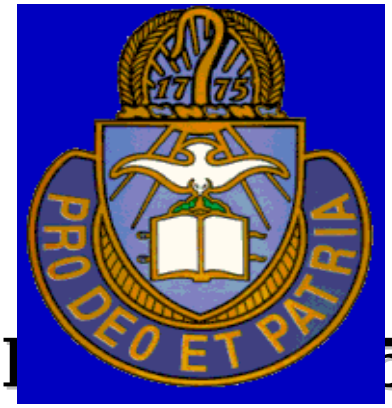
- ***Fridays***
- ***Jewish 2000 &2030 - Main Post Chapel***
- ***Islamic 1300 - FSH Mosque***

- ***Contact Chaplain Malone for further details 221-6929***

- **These are religious events therefore attendance is completely voluntary!**

BN Chaplain

CH (CPT) Deirdre Malone
Battalion Chaplain 187th Med Bn



Bldg 1002 [illegible]5-136

Work: (210) 221-6929

Transportation

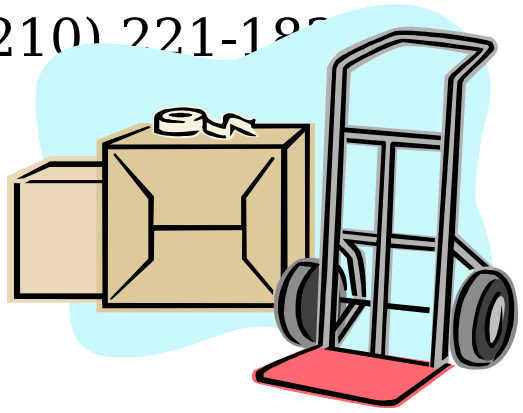
- **Personnel Property Moving (Household goods/Vehicles):**

- **Hours of operation:**
  0715 - 1600 hours MON - FRI
  Limited service on Fridays.

- **Functions:**
  Arrange shipment and storage of personal property in connection with official orders (PCS, TDY, deployment). Requests for shipment/storage are done at group briefings:

  MON: 0930 DITY, 1330 Overseas
  TUE: 0730 OR 1330 Stateside, 1030 DITY
  WED: 0930 Overseas, 1330 Stateside
  THUR: 0730 OR 1330 Stateside, 1330 DITY
  FRIDAY– NO BRIEFINGS

- **More Information:**
  Contact Mr. Anderson - (210) 221-18



What's Available at ACS

Relocation Assistance

- *Information on your next duty station!*
- *Guidance/counseling/advocacy before, during and after the move*
- *Outreach for waiting families*
- *Lending Closet*
- *Sponsor Training*
- *Training for pre/post moves*
  - *Overseas L*

CALL 221-2418

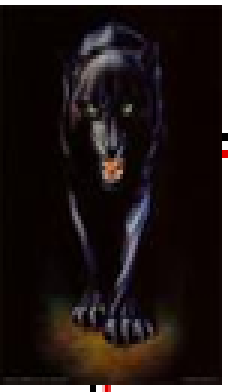
Sickcall

- **Sick call for all students is held at the McWethy Troop Medical Clinic, located on Garden Street, next to Budge Dental Clinic.**
- **From 0515-0730 Monday-Friday on walk in basis.**
- **For treatment on the weekend or after sickcall hours report to the BAMC Emergency Room.**
- **Dental Sick call for all students is held at the Rhodes Dental Clinic, located on Stanley Road.**
- **From 0530-0630 Monday-Friday on walk in basis.**

Emergency Numbers

- **Military police: (210)-221-2222**
- **BAMC Emergency Room: (210)-916-4466**
- **Taxi: (210) 222-2222**

Legal



ALPHA COMPANY

Legal Assistance/
Staff Judge Advocate

1. Notary Service and Powers of Attorney from 0800 - 1600 Monday through Friday.

2. Walk-in appointments for legal advice and/or consultations will be available on Monday, Wednesday, and Friday at 0830. Sign-ins for these walk-in appointments will begin 30 minutes prior to the start time, with military in uniform having priority.

3. Appointments are required for Wills.

BLDG 134 Stanley Road
210-221-2353

"PANTHER PRIDE"

LEAVE & PASS POLICY

- The Commander Alpha Company (CPT Makwakwa) is the approval authority for all PASS requests.
- Travel outside the country is not authorized during the course, this includes Mexican border towns.
- Ordinary leave is not authorized during this course.
- You are required to have a formal pass request (DA 31) for all travel beyond a 50 mile radius with the exception of Austin.
- Pass requests are routed through the Class S-1 to your TAC your Class Advisor signs as the Supervisor—
- Passes should be submitted 5 days prior to the start date.
- A POV Risk Assessment and POV Inspection is required. https://safety.army.mil/home.html Or a flight itinerary.

SEE EXAMPLE FOR COMPLETING DA 31 ON THE NEXT PAGE

REQUEST AND AUTHORITY FOR LEAVE

This form is subject to the Privacy Act of 1974. For use of this form, see AR 600-8-10.
The proponent agency is ODCSPER. *(See instructions on reverse.)*

1. CONTROL NUMBER

PART I

2. NAME *(Last, First, Middle Initial)*	3. SSN	4. RANK	5. DATE
Your, Name	123-45-6789	CPT	01/01/2007

6. LEAVE ADDRESS *(Street, City, State, ZIP Code and Phone No.)*	7. TYPE OF LEAVE	8. ORGN, STATION, AND PHONE NO.
1234 Brown Lane New York, New York 931-200-0000	☐ ORDINARY ☐ EMERGENCY ☐ PERMISSIVE TDY ☒ OTHER PASS (CCC)	A CO 187th MED BN FSH, TX 78234 210-221-8355

9. NUMBER DAYS LEAVE				10. DATES	
a. ACCRUED	b. REQUESTED	c. ADVANCED	d. EXCESS	a. FROM	b. TO
N/A	N/A	N/A	N/A	01 JAN 07	04 JAN 07

11. SIGNATURE OF REQUESTOR	12. SUPERVISOR RECOMMENDATION/SIGNATURE	13. SIGNATURE AND TITLE OF APPROVING AUTHORITY
Your Name	☒ APPROVAL ☐ DISAPPROVAL SGL NAME & SIGNATURE	Shonnel Makwakwa, CPT, MS, CDR

Shonnel Makwakwa, CPT, MS CDR

14. DEPARTURE		
a. DATE	b. TIME	c. NAME/TITLE/SIGNATURE

15. EXTENSION		
a. NUMBER DAYS	b. DATE APPROVED	c. NAME/TITLE/SIGNATURE OF APPROVAL AUTHORITY

16. RETURN		
a. DATE	b. TIME	c. NAME/TITLE/SIGNATURE OF RETURN AUTHORITY

17. REMARKS

Chang[illegible] is f[illegible]

PART II - EMERGENCY LEAVE TRANSPORT[illegible]N AND [illegible]AVEL

18. You are authorized to proceed on official travel in connection with emer[illegible]ave a[illegible]pon co[illegible]tion[illegible] your leave and travel will return to home station *(or location)* designated by military orders. You are dir[illegible]t t[illegible]spor[illegible] the A[illegible]l Port [illegible]mbar[illegible]ion *(APOE)* for onward movement to the authorized international airport designated in your travel docum[illegible] addition[illegible] trave[illegible] charge[illegible]e to leave. Do not depart the installation without reservations or tickets for authorized space required tra[illegible]ation[illegible] file a n[illegible]y tra[illegible]y[illegible] with a copy of your travel documents or boarding pass within 5 working days after your return. Submit r[illegible]st for [illegible]e exte[illegible]n to [illegible]mander. The American Red Cross can assist you in notifying your commander of your request for [illegible]sion of [illegible]ve.

19. INSTRUCTIONS FOR SCHEDULING RETU[illegible] TRA[illegible]PORT[illegible]ON:

For return milit[illegible]avel reservation[illegible] [illegible]NUS ca[illegible]e MAC[illegible]asenger Reservation Center *(PRC)*:

Should you requ[illegible]ther ass[illegible]tance ca[illegible]:

20. DEPARTED U[illegible]	[illegible]. [illegible]IVED APOD	22. ARRIVED APOE *(return only)*	23. ARRIVED HOME UNIT

24.

PART III - DEPENDENT TRAVEL AUTHORIZATION

25. ☐ *(S[illegible] or required cash reimbursable)* ☐ ONE WAY ☐ ROUND TRIP

☐ *(Spac[illegible]uired)* TRANSPORTATION AUTHORIZED FOR DEPENDENTS LISTED IN BLOCK NO. 25

DEPENDENT INFORMATION

a. DEPENDENTS *(Last name, First, MI)*	b. RELATIONSHIP	c. DATES OF BIRTH *(Children)*	d. PASSPORT NUMBER

PART IV - AUTHENTICATION FOR TRAVEL AUTHORIZATION

26. DESIGNATION AND LOCATION OF HEADQUARTERS	27. ACCOUNTING CITATION

28. DATE ISSUED	29. TRAVEL ORDER NUMBER	30. ORDER AUTHORIZING OFFICIAL *(Title and signature)* OR AUTHENTICATION

Example

Emergency Leave

American Red Cross

You must have a verified Red Cross message sent to Alpha Company 187th for all emergencies.

How to Contact the Red Cross for Assistance

Call (877) 272-7337 (toll-free).

- An immediate family members should call the Red Cross office upon notification of emergency involving a Service Member stationed at Fort Sam Houston.
- When calling the Red Cross, please provide the following information about the service member:
- Full name
- Rank/rating
- Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number or date of birth
- Military address
- Information about the deployed unit and home base unit (for deployed service members only)

Absences

- **Contact your TAC Officer CPT Chase immediately if you are hospitalized, incarcerated, delayed and or miss movement.**
- **You are <u>not authorized</u> any unexcused absences.**
- Excused absences require either:
  - Sick call slip
  - Or prior coordination with the Class Advisor and authorization from the Company Commander.

Mailroom Procedures

- **To get a mailbox go to the Mailroom in the basement of Willis Hall. There is a hallway that connects Willis Hall to Abel Hall. The mailroom is in the middle.**
- **Provide a copy of your orders and ID to get a temporary mailbox.**
- **During out-processing you must close it out and provide a forwarding addres**

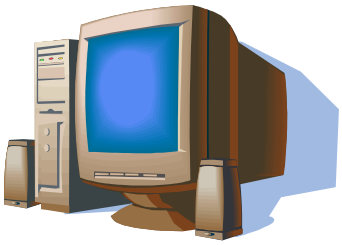
NAME/RANK
2250 STANLEY ROAD
BOX #_____
FT Sam Houston,
TX 78234

Due not send mail directly to A Company it will not be delivered!

Computer Lab

Computer Lab (Room 2103) Willis Hall:

Mon-Thurs	**0700-2000**
Fri	**0700-1600**
Sat	**0800-1200; 1300-1700**
Sun	**Closed**



Stimson Library

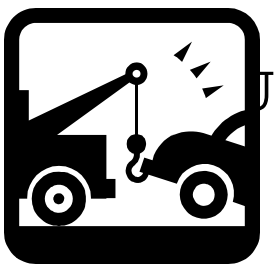
Mon-Thurs	**0730-2130**
Fri	**0730-1630**
Sat	**Closed**
Sun	**1300-1700**

Located on the 1st floor of Abel Hall

“PANTHER PRIDE”

Vehicle Registration

- **Unless your vehicle has a valid DOD Sticker, you are required to register you vehicle on post.**
- **To register you car on post visit Building 367 and bring Vehicle** Registration **Receipt, Insurance card, Drivers' License, Military or Civilian ID Card. Hours of operations are Monday thru Friday, 07:30-15:45**
- **Cell Phones – The use of hand-held cell phones while driving on post is strictly forbidden. Hands free devices; speaker phone setting, or ear piece is the only authorized method of using a POV.**
- **Wear your seatbelt and obey the speed limit– especially when driving on Post.**
- **Drugs and Alcohol – DON'T DRINK AND DRIVE under the influence of either alcohol or drugs**
  - **DWI -- .05% to .07% DUI -- greater that .08%**
  - **ON DUTY -- [illegible]UI—Levels I, II, III, IV**



"PANTHER PRIDE"

OFF LIMITS AREA

ON POST

- **Enlisted Training Areas, The Hacienda**

OFF POST

X/S (formerly the observatory)
Planet K
Executive Health Club One-O-Six
The Saint
Silver Dollar
2015 Place
Cracker Box Palace

*** Read The Policy Letters!**
http://www.cs.amedd.army.mil/187medbn
http://fshtx.army.mil/obchome/Welcome.htm

OFF-DUTY EMPLOYMENT

- **Off- Duty Employment is not authorized while your are in training.**

“PANTHER PRIDE”

Your POCs

- **TAC Officer <u>CPT Chase</u>**

  TAC Officer= Training, Advising, Counseling
  Responsible for all, student personnel, administrative, travel, pay transportation and medical issues.

- **Office Phone: 210-221-6318/6714**

- **Cell Phone: 210-887-2913**

- **Fax 210-221-6724**

- **Class Advisor- <u>CPT Lopez</u>**

  (210) 422-5046 (cell for <u>emergencies</u>)

- **NCO Advisor- <u>SSG Foree</u>**

  221-7442 (Office)

Company Operations

- **<u>Alpha Company is located in RM 023</u> in the basement of Abel Hall all of Brigades, BN, and company policies are posted for review .**
- **TAC Office hours for students 1100-1300 daily.**

If you are having problems with lodging, family, pay, personnel or spiritual well being…Contact CPT Tarnosky or CPT Makwakwa, ASAP so we can help you resolve the problem

Army Physical Fitness Test

- **All Officers will take a Army Physical Fitness Test in order to graduate from the course**

Graduation Requirements

Requirements to Graduate (Achieve Course Standards):

1. **Must PASS** Army Height/Weight or Body Fat standards
2. **Must PASS** Record Army Physical Fitness Test
3. Examinations: Cumulative average of at least **70%**
4. Homework: SATISFACTORY rating on EACH assignment
5. Field Training Exercises: GO and SATISFACTORY ratings on each required FTX task
6. Leadership: Achieve SATISFACTORY rating in a majority of assigned leadership positions
7. Class Attendance: Must attend all scheduled training unless absence approved by the Class Advisor

Special Recognition

- **PT Award –** Highest RAPFT score male and female. Meets height/weight requirements, no adverse written counseling statements, & meets course standards

- **Lynch Leadership Award – Whole leader attributes**
  - 270 or Above APFT
  - Instructor & Peer Nominated
  - No Adverse Actions
  - Advisor Nominated

Equal Opportunity & Prevention of Sexual Assault

- **Violations of EO will not be tolerated! Report any incidents to your Chain of Command immediately.**
- **Treat people as you want to be treated!**

ALPHA CO EO/POSH ADVISOR: CPT BALL 221-6707 Cell 887-5199 and SFC ESTEVES

Sexual Assa[illegible]e: 210-722-

“PANTHER PRIDE”

ADMISTRATIVE

vs.

ACADEMIC

- **All academic issues will be handled by your Class Advisor and Cadre.**

- **All administrative actions will be handled by your TAC and Company Staff–**

The Army Combat Uniform

ACU worn with the black Beret and pin-on skill badges

Velcro backed rank insignia

Tilted chest pockets with Velcro closure, optimized for use with the front opening of the Interceptor Body Armor Outer Tactical Vest (OTV)

3-slot pen pocket for easy access, optimized for use with the OTV

Velcro sleeve cuff closure, which provides positive closure for all sizes

Forward tilted cargo pocket for easy access whether sitting, kneeling, or standing – incorporated elastic drawstring for positive closure during movement

Combat Boot hot weather, or Combat Boot temperate weather

ACU

Garrison Uniform

- **Army Combat Uniform (ACU) consisting of trousers and blouse:**
  - **ACU x 3 (We encourage you to purchase 4 sets.)**
  - **Cap, ACU x 1**
  - **Belt, Web with open-faced Black Buckle in tan or OD green x 1**
  - **Boots, Combat, Jungle boots, tan x 2 pair**
  - **Undershirt, tan x 8**
  - **Socks, OD Green x 8 pair**
  - **Appropriate Skill Badges, i.e. Airborne, Air Assault, EFMB if applicable (subdued pin on)**
  - **Grade Insignia (Velcro) x 2**
  - **Grade Insignia, (non-subdued…pin on for head gear)**
  - **Name Tapes (Velcro) x 3**
  - **U.S. Army Tapes (Velcro) x 2**
  - **Gortex (Woodland or ACU pattern) x 1 (Will be issued at CIF)**
  - **Black Beret**

- **Field Uniform**
- **(Minus Field Equipment)**
- **Battle Dress Uniform (BDU) consisting of trousers and blouse:**
  - **Hot/Cold Weather BDU x 3**
  - **Cap, woodland (hot weather) x 1**
  - **Belt, Web with open-faced Black Buckle x 1**
  - **Boots, Combat, Leather Black or Jungle boots, black x 2 pair**
  - **Undershirt, Brown x 8**
  - **Socks, Black or OD Green x 8 pair**
  - **Branch Insignia (subdued or sew on)**
  - **Grade Insignia (subdued or sew on)**
  - **Grade Insignia, (non-subdued…pin on for head gear)**
  - **Name Tapes**
  - **U.S. Army Tapes**
  - **Gortex- woodland pattern (Will be issued at CIF) or field jacket -woodland pattern x 1**
  - **Black Beret**

Boots
General Guidelines

- **Boots will be diagonally laced, with the excess lace tucked into the top of the boot under the bloused trousers or wrapped around the top of the boot.**

- **Required to possess two pairs of issue**

- **As an option, boots of a similar commercial design are authorized for wear.**

- **UNAUTHORIZED BOOTS:**
  - **Boots with zipper inserts**
  - **Metal cleats & side tabs**

Wear of ACU Headgear

- The black beret and other distinctive berets (maroon, tan, green) will be worn in garrison environments unless directed otherwise by the commander.

- The ACU Patrol Cap is worn with the ACU **in field environments and when the Kevlar helmet is not worn, on work details**, or when the wear of the beret is impractical as determined by the commander. Soldiers will wear the ACU Patrol Cap straight on the head so that the cap band creates a straight line around the head, parallel to the ground.

Backpacks

- **Backpacks, civilian rucksacks, gym bags or like articles may be carried, worn over one shoulder, or both shoulders while in uniform. They may not be slung across the body with the strap over the opposite shoulder. BAG MUST BE ALL BLACK, OR ACU COLORED.**

- **All items worn over the shoulder must be black with no other colors and may not have any logos. Logos include Army ... nization seals, insign ...**

Hair Standards

There are many hair styles that are acceptable

in the Army, so long as the Soldier's hair is worn

in a neat and conservative manner, the acceptability of the style will be judged solely by the criteria

The length and bulk will not be excessive or present a ragged, unkempt or extreme appearance as prescribed in AR 670-1, paragraph 1-8a.

- Must present a tapered appearance.
- Blocked cut fullness in the back is permitted in moderate degree as long as the tapered look is maintained.

Hair Standards (MALE)

Hair Standards (FEMALE)

The length and bulk of the hair will not be excessive or present a ragged, unkempt, or extreme appearance.

- Will not fall over the eyebrows or extend below the bottom edge of the collar.

- Wigs or hairpieces may be worn as long as it is of natural hair color and the style and length conform to appearance standards.

- If Soldiers use dyes, tints, bleaches, they must choose those that result in natural hair colors.

- All hair-holding devices must be plain and of a color as close to the Soldier's hair as possible or clear.

- Authorized devices include but are not limited to barrettes, combs, pins, plain scrunchies, clips, rubber bands and hair bands.

Cosmetics

- Female soldiers are authorized to wear lipstick and nail polish with all uniforms as long as the color is conservative.
- Extreme shades of lipstick and nail polish colors will not be worn such as:

purple
gold

blue black

bright-red camouflage

white fluorescent

- Permanent makeup, such as eyebrow or eyeliner, is authorized as long as the makeup conforms to the standards outlined in AR 670-1.

Earrings are not authorized for wear in with ACUs or the PT Uniform.

Physical Fitness Uniform

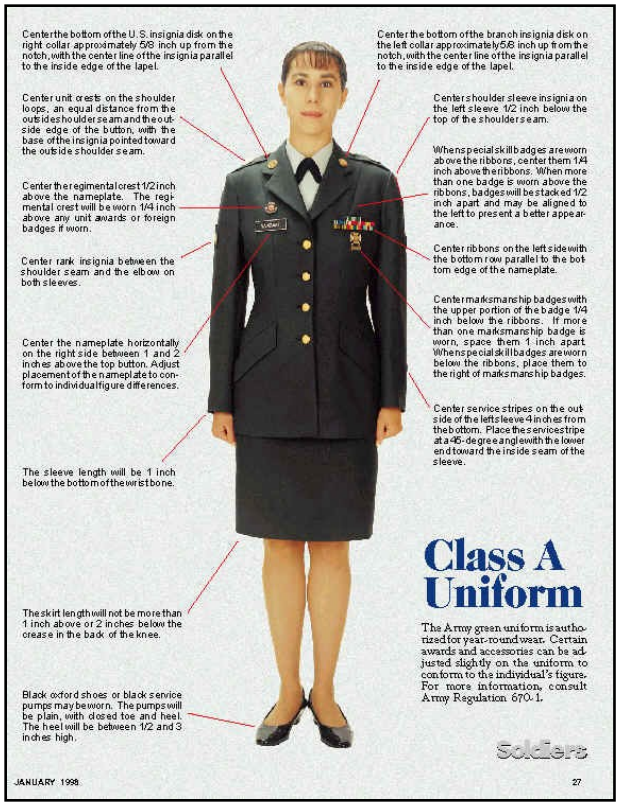
Reflective Belt

Dress Uniform

- **Class A/B Uniform: *The Officer Basic Leaders Course only requires the National Guard and Reserve Officers to have the Class A Uniform—(NOT required for Active Duty Officers).***

  - **Army Green Dress Coat x 1**
  - **Shirt, AG 415, Short Sleeve x 1**

  - **Shirt, AG 415, Long Sleeve x 1**
  - **Necktie, Black, Four-in-Hand x 1 (males only)**
  - **Neck Tab, Black, x 1 (females only)**
  - **Trousers/Slacks w/ black braid (1-1/2” males, 1” females) x 1**
  - **Skirt x 1 (females only) (optional)**
  - **Buckle, Solid Brass x 1**
  - **Belt, Black Web with Black or Brass Tip x 1**
  - **Shoes, Oxford, black**
  - **Shoes, Pump, black (females only) (optional)**
  - **Grade Insignia, Shoulder Marks, Black**
  - **Grade Insignia, (non-subdued…pin on for head gear)**
  - **Nameplate**
  - **Black Beret x 1**
  - **Handbag, black (females only) (optional)**


Center the bottom of the U.S. insignia disk on the right collar approximately 5/8 inch up from the notch, with the center line of the insignia parallel to the inside edge of the lapel.
Center the bottom of the branch insignia disk on the left collar approximately 5/8 inch up from the notch, with the center line of the insignia parallel to the inside edge of the lapel.
Center unit crests on the shoulder loops, an equal distance from the outside shoulder seam and the outside edge of the button, with the base of the insignia pointed toward the outside shoulder seam.
Center shoulder sleeve insignia on the left sleeve 1/2 inch below the top of the shoulder seam.
When special skill badges are worn above the ribbons, center them 1/4 inch above the ribbons. When more than one badge is worn above the ribbons, badges will be stacked 1/2 inch apart and may be aligned to the left to present a better appearance.
Center the regimental crest 1/2 inch above the nameplate. The regimental crest will be worn 1/4 inch above any unit awards or foreign badges if worn.
Center ribbons on the left side with the bottom row parallel to the bottom edge of the nameplate.
Center rank insignia between the shoulder seam and the elbow on both sleeves.
Center marksmanship badges with the upper portion of the badge 1/4 inch below the ribbons. If more than one marksmanship badge is worn, space them 1 inch apart. When special skill badges are worn below the ribbons, place them to the right of marksmanship badges.
Center the nameplate horizontally on the right side between 1 and 2 inches above the top button. Adjust placement of the nameplate to conform to individual figure differences.
Center service stripes on the outside of the left sleeve 4 inches from the bottom. Place the service stripe at a 45-degree angle with the lower end toward the inside seam of the sleeve.
The sleeve length will be 1 inch below the bottom of the wrist bone.
Class A Uniform
The Army green uniform is authorized for year-round wear. Certain awards and accessories can be adjusted slightly on the uniform to conform to the individual's figure. For more information, consult Army Regulation 670-1.
The skirt length will not be more than 1 inch above or 2 inches below the crease in the back of the knee.
Soldiers
Black oxford shoes or black service pumps may be worn. The pumps will be plain, with closed toe and heel. The heel will be between 1/2 and 3 inches high.
JANUARY 1998
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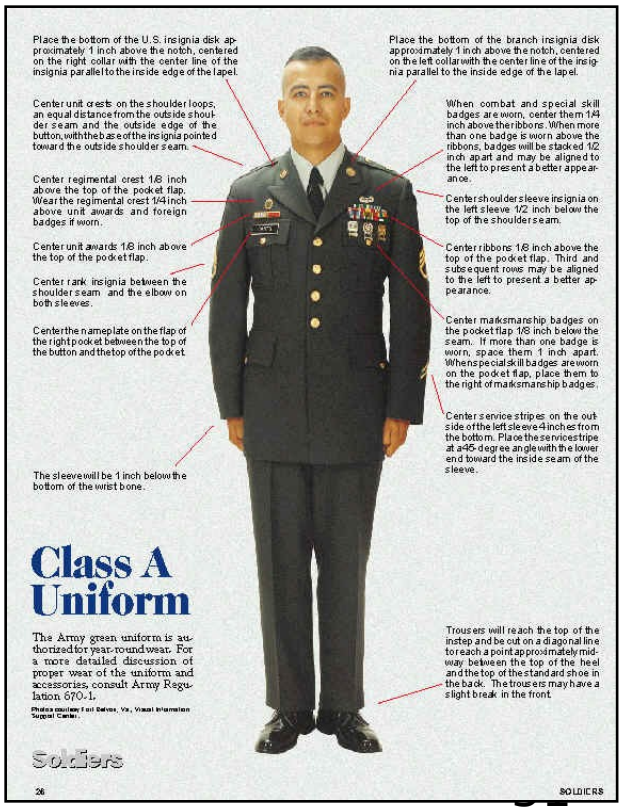

Place the bottom of the U.S. insignia disk approximately 1 inch above the notch, centered on the right collar with the center line of the insignia parallel to the inside edge of the lapel.
Place the bottom of the branch insignia disk approximately 1 inch above the notch, centered on the left collar with the center line of the insignia parallel to the inside edge of the lapel.
Center unit crests on the shoulder loops, an equal distance from the outside shoulder seam and the outside edge of the button, with the base of the insignia pointed toward the outside shoulder seam.
When combat and special skill badges are worn, center them 1/4 inch above the ribbons. When more than one badge is worn above the ribbons, badges will be stacked 1/2 inch apart and may be aligned to the left to present a better appearance.
Center shoulder sleeve insignia on the left sleeve 1/2 inch below the top of the shoulder seam.
Center regimental crest 1/8 inch above the top of the pocket flap. Wear the regimental crest 1/4 inch above unit awards and foreign badges if worn.
Center ribbons 1/8 inch above the top of the pocket flap. Third and subsequent rows may be aligned to the left to present a better appearance.
Center unit awards 1/8 inch above the top of the pocket flap.
Center rank insignia between the shoulder seam and the elbow on both sleeves.
Center marksmanship badges on the pocket flap 1/8 inch below the seam. If more than one badge is worn, space them 1 inch apart. When special skill badges are worn on the pocket flap, place them to the right of marksmanship badges.
Center the nameplate on the flap of the right pocket between the top of the button and the top of the pocket.
Center service stripes on the outside of the left sleeve 4 inches from the bottom. Place the service stripe at a 45-degree angle with the lower end toward the inside seam of the sleeve.
The sleeve will be 1 inch below the bottom of the wrist bone.
Class A Uniform
The Army green uniform is authorized for year-round wear. For a more detailed discussion of proper wear of the uniform and accessories, consult Army Regulation 670-1.
Trousers will reach the top of the instep and be cut on a diagonal line to each a point approximately midway between the top of the heel and the top of the standard shoe in the back. The trousers may have a slight break in the front.
Photos courtesy Fort Belvoir, Va., Visual Information Support Center.
Soldiers
26
SOLDIERS

Dress Blue Uniform

Army Dress Blue Uniform-
The Officer Basic Leaders Course only requires Active Duty Officers to have the Dress Blue Uniform—(NOT Required for RC and NG Officers).

- Shirt, White x 1
- Bow Tie, Black x 1 and Necktie, Black, Four-in-Hand x 1 (males only)
- Neck Tab, Black, x 1 (females only) (same as tab for Class B Uniform)
- Trousers/Slacks x 1 (males only)
- Skirt x 1 (females only)
- Coat x 1
- Ornamental Braid (3/4”)(coat sleeve)
- Shoes, Oxford, black
- Shoes, Pump, black (females only)
- Grade Insignia, Shoulder Strap
- U.S. Insignia
- Branch Insignia
- Nameplate
- Awards, Decorations, & Badges

Enlisted Ranks

Enlisted Members

E-1 Private (PVT) No Rank

E-2 Private (PV2)

E-3 Private First Class (PFC)

E-4 Specialist (SPC) **or**

Corporal (CPL)

Enlisted Ranks

Non-Commissioned Officers

E-5 Sergeant (SGT)

E-6 Staff Sergeant (SSG)

E-7 Sergeant First Class (SFC)

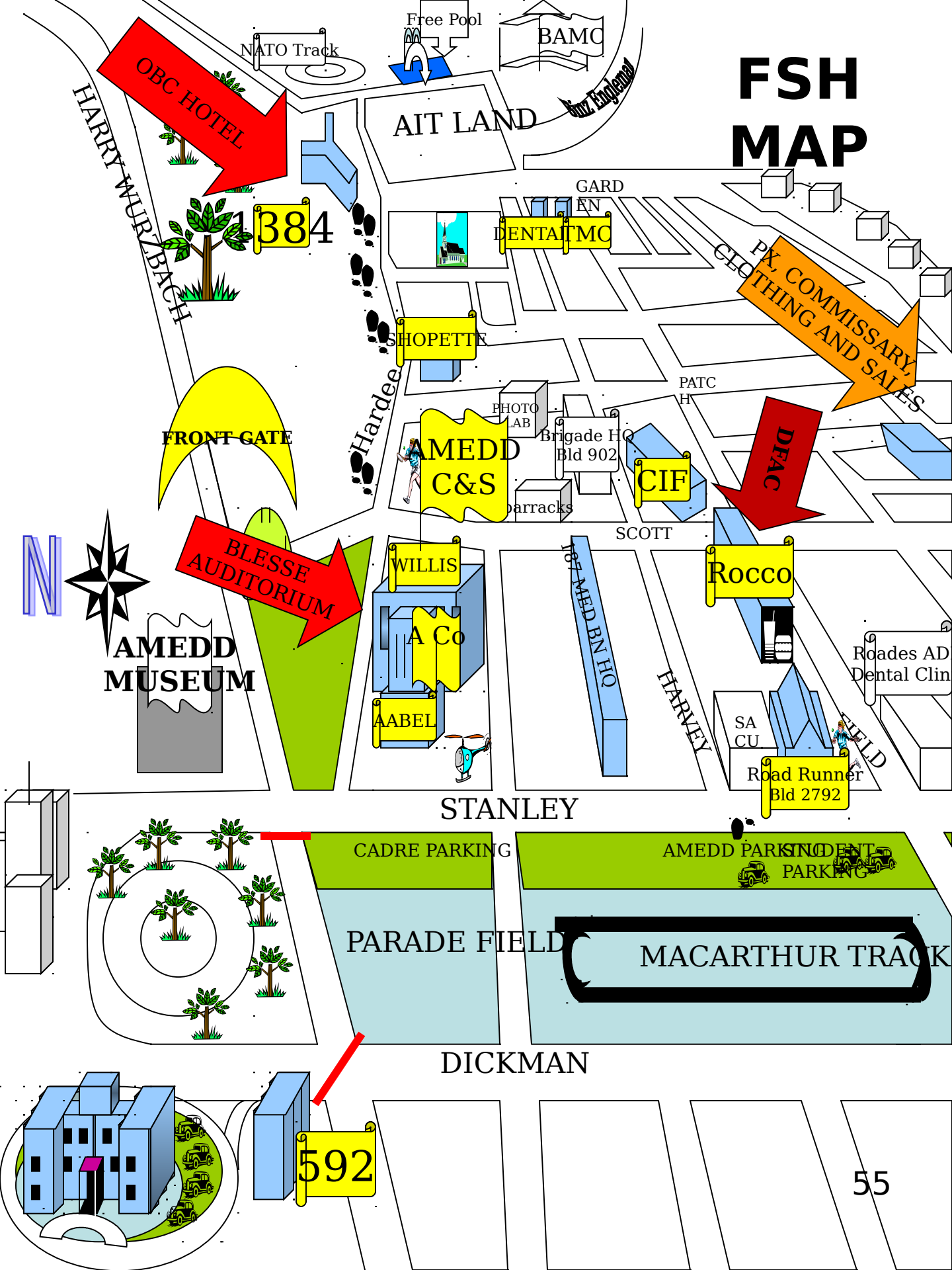
E-8 Master Sergeant or First Sergeant

(MSG) **(1SG)**

E-9 Sergeant Major or Command Sergeant Major

(SGM) **(CSM)**

E-9 Special *Sergeant Major of the Army


FSH MAP
Free Pool
NATO Track
BAMC
OBC HOTEL
HARRY WURZBACH
AIT LAND
Quinz Engineer
1384
GARD EN
DENTAL
TMC
PX, COMMISSARY, CLOTHING AND SALES
SHOPETTE
PATC H
PHOTO LAB
Brigade HQ Bld 902
FRONT GATE
Hardee
AMEDD C&S
CIF
DFAC
barracks
SCOTT
BLESSE AUDITORIUM
WILLIS
A Co
AABEL
187 MED BN HQ
Rocco
HARVEY
Roades AD Dental Clin
AMEDD MUSEUM
SA CU
Road Runner Bld 2792
STANLEY
CADRE PARKING
AMEDD PARKING
STUDENT PARKING
PARADE FIELD
MACARTHUR TRACK
DICKMAN
592
55

Tips from prior OBLC Students

- Bring your personal LAPTOP Computer and printer!
- Bring your car in order to facilitate getting around Fort Sam.
- Good website for purchasing military gear and uniform accessories http://www.rangerjoes.com/shorts-arm…er-p-1619.html
- Some items to consider that may not be on your packing list:
  Benadryl (if you need help sleeping)
  ibuprofen (or whatever your preferred painkiller is)
  moleskin plus (many people developed blisters)
  luggage tags or similar for your duffel bag (they all look the same)
  small knife/multi-purpose tool (always useful in the field)
  sunscreen (this is Texas!)
  bug repellent (these mosquitoes can be vicious) chiggers too; also recommend a small container of repellent you can carry with you.
  hand sanitizer
  earplugs (up to 38 people per tent, some snore!, alarms beeping, storms; I like the silicone type)
  wet wipes (at this time there are no showers)
  electric razor
  ziploc bags (to keep stuff dry)
  plenty of socks as many times they will get soaked from trekking through wet fields or if it is raining
  small pillow (I got a compressible Thermarest from REI)
  bed cushion (Those cots are rock hard, at least for me. I bought a roll able, self-inflating bed roll from the PX)
  hyrdrocortisone/Benadryl creme (for those inevitable bug bites)
  Gatorade/Propel, etc. to flavor that nasty tasting drinking water. Many brands come in little tubes that work well in a canteen.
  Small notebook (you can buy waterproof ones at the clothing sales PX)
  An extra pair of eyeglasses and a copy of prescription.
- **Extra sets of ACU's** (they will get wet/filthy/smelly. Consider though, it is difficult to get them completely clean again so they will unlikely be "perfect" ACU's anymore.)

Common Acronyms

ACU – The new Army Combat Uniform; in the process of replacing the BDU.
AWOL - Absent Without Official Leave. More commonly known today as UA (Unauthorized Absence)

BDU - Battle Dress Uniform; standard, camouflage, everyday uniform.
BCT - Basic Combat Training (familiarly: Basic Training or Basic)
CO - Commanding Officer
DA - Department of the Army
DD or DoD - Department of Defense
DFAC - Dining Facility (Mess Hall or Cafeteria)
FTX - Field Training Exercise.
IBA - Individual Body Armor; Kevlar vest
LBE or LCE - Load Bearing or Carrying Equipment; refers to the harness-like belt system used to carry ammo pouches, canteen, etc.
MOS - Military Occupational Specialty—formal job classification, usually expressed as a number or number/letter combination—e.g., 11B Infantryman.
MP - Military Police.
MRE - Meal Ready to Eat; portable meals in a plastic bag, made to last for years without going bad; consist of about 1500-3000 calories; some are better than others.
NCO - Non-Commissioned Officer: an enlisted person with command responsibility over soldiers of lesser rank; a corporal (grade E4) or any grade of sergeant (grades E5 - E9);
OBLC - Officer Basic Leader Course
OCS - Officer Candidate School
POV - Privately-Owned Vehicle, a soldier's personal automobile.
PT - Physical Training. Although in the plural (PT's), it means the PT Uniform.
PX - Post Exchange. A multipurpose store which usually includes a barber shop and a convenience store.
UA - Urinalysis
XO - Executive Officer (officer second to CO)
Ate up - something that's messed up or not up to the standard (“You're all ate up, soldier!”); also known “chewed up” or “jacked up”.
Cadre - a small group of trained professionals that is the nucleus of a larger group; in basic training parlance it generally refers to the drill sergeants of a training company.
Chow - food, or "breakfast/lunch/dinner". Example: "Is it time for chow yet?"
Class A's - a more formal service uniform that consists of the Army green, single-breasted, 4-button coat; Army green trousers; an Army green shade 415 (a lighter shade of green) short- or long-sleeved shirt; and a black four-in-hand necktie.
Class B's - a less formal version of the Army green service uniform that consists of the Army green trousers and Army green shade 415 short-sleeved shirt without the coat and tie.
Dress Blues - Light blue pants with dark blue jacket, used for balls and formal events.
High Speed - a squared-away and highly motivated soldier. Often used sarcastically when a Soldier is motivated but doesn't really know what he's doing. As in "Slow down High Speed."
Klicks - kilometers; .6214mi each
Latrine - Army term for bathroom.
Mikes - common term for "minutes"; taken from the phonetic word for "M" ("My ETA is 15 mikes.")
Rank - named title of soldier with a particular grade and responsibility, such as Private, Specialist, Staff Sergeant, Captain, etc. See also grade.
Real World - return to civilian life; or: return to USA from overseas
Ruck - shorthand for ruck sack; the Army version of a backpack
Top - first sergeant; head sergeant in unit
The Sand Box - Iraq, particularly the southern

The Soldier's Creed

I am an American Soldier.

I am a Warrior and a member of a team.
I serve the people of the United States and live the Army Values.

WARRIOR ETHOS

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough,
trained and proficient in my Warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies
of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.